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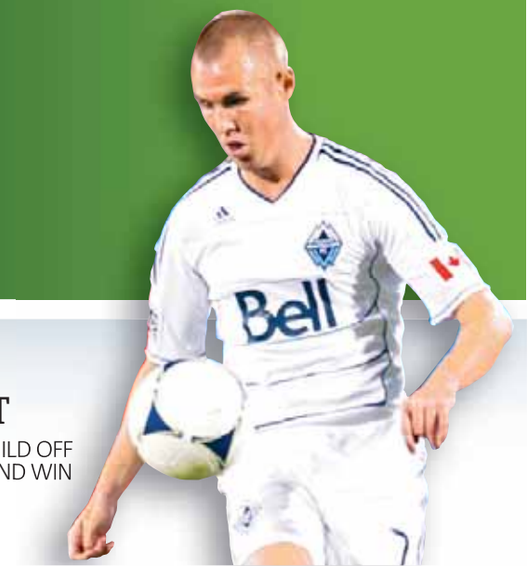

Twister kills storm chasers

Trio were among the 13 killed near Oklahoma City on Friday

PAGE 7

You could try this at home

With 3D printers set to hit store shelves, experts are predicting a new industrial revolution

PAGE 8

It's s'mores season again

Metro's Camp Guide helps you prepare your kids for a summer in the wild

PAGES 15-17

DON'T COUNT THEM OUT YET

WHITECAPS LOOK TO BUILD OFF MOMENTUM OF WEEKEND WIN AGAINST RED BULLS

PAGE 18

Thomas Ogden lights candles at a vigil for Captain, a slain German shepherd, at Kits Beach in Vancouver on Sunday. Brian Whitlock, who has pleaded guilty in the beating death of Captain, is scheduled to be sentenced on Tuesday. ELIZABETH HAMES/FOR METRO

Animal activists rally in memory of beaten dog

All for Captain. Stronger sentences urged for abusers

It's been nearly a year since neighbours, hearing Captain's cries, discovered the German shepherd lying bruised and bloody in a dumpster. But Cloe Allen hasn't forgotten him.

"Captain did nothing to deserve this," said Allen at the Walk for Captain rally at Kitsilano Beach on Sunday. "He was just a loving, beautiful two-year-old dog."

Allen was one of a few dozen animal-rights activists to take part in the weekend rally, which called for stronger sentencing for animal abusers like Captain's former owner, Brian Whitlock.

Whitlock pleaded guilty in April to the fatal beating of the dog, who died of a heart attack July 19, 2012, less than 24 hours after he was rescued from the Kitsilano dumpster. Medical teams said he had suffered such traumatic spinal damage, it was unlikely he would ever have been able to walk, had he lived. He was also severely underweight.

Members of Justice for Captain, the group behind the rally, say the dog's untimely death is only a symptom of a larger problem within the justice system.

According to the Criminal Code, animal cruelty is an indictable offence punishable by up to five years in prison. But anyone guilty of such a crime on summary conviction can only receive a maximum sentence of 18 months behind bars and/or a $10,000 fine.

Members of Justice for Captain say stronger sentences would send a message to potential animal abusers.

"If we have a deterrent that's strong enough, people might just think twice," said Allen.

Whitlock is up for sentencing on Tuesday, a court date Allen says she wouldn't miss.

"We want everyone to know that we've never forgotten Captain," she said.

Thomas Ogden came to Sunday's rally with his German shepherd, Rocky. Although he says he understands the judge has a duty to remain impartial, he hopes his presence at the sentencing will influence the hearing's outcome.

"We'll be really upset if this guy doesn't get the maximum," he said. ELIZABETH HAMES/FOR METRO

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BOUNS daily breakfast included. ADD 7-day car rental with unlimited mileage from $14 per day.

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‘Consent is sexy’: SlutWalk challenges victim-blaming

Rally. Vancouverites march in third annual walk to fight status quo attitudes like ‘boys will be boys’

EMILY JACKSON
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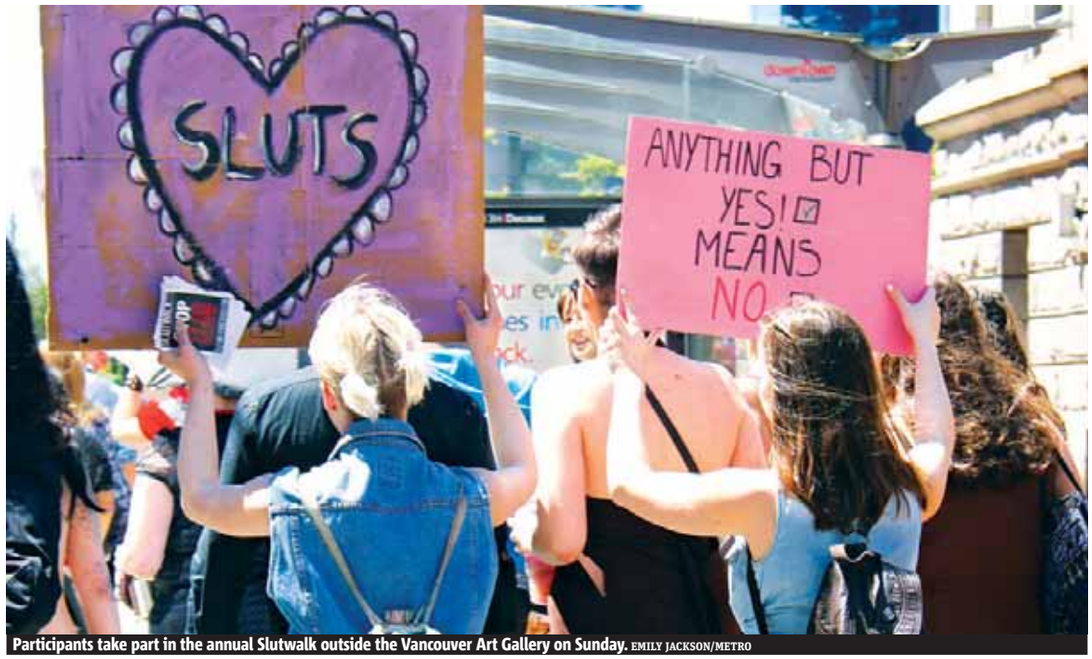

Participants take part in the annual Slutwalk outside the Vancouver Art Gallery on Sunday. EMILY JACKSON/METRO

No means no.

It doesn’t matter if someone wears fishnet stockings, short shorts or is covered head-to-toe, nor does it matter if they are dancing or drinking or out late at night; Sexual assault is not the victim’s fault, SlutWalk Vancouver organizers and speakers proclaimed as they rallied in Vancouver on Sunday.

A few hundred women, many in racy outfits, and a few dozen men marched in the third annual walk to fight the status quo attitudes of “she was asking for it” and “boys will be boys.”

The provocatively named walk started in Toronto in 2011 to address victim-blaming and slut-shaming after a police officer said women should “avoid dressing like sluts in order not to be victimized.”

The original SlutWalk organizers were frustrated an officer used a derogatory term to excuse violent crime, and decided to march to raise awareness that no one should be blamed for sexual assault.

Some have criticized the walk based on the scandalous attire of some participants, yet the conversation about sexual consent and assault remains relevant in a year where Canadian teens like Amanda Todd and Rehtaeh Parson committed suicide after being bullied online for sexual pictures distributed without their consent.

“I just don’t like how women are blamed for how they dress. We should be focused on teaching men not to rape,” said 21-year-old Sarah Krahn while carrying a sign reading, “Consent is sexy.”

The suggestion to teach boys about consensual sex was popular at the rally. Signs blared “Real men don’t rape” and “If you would talk to your daughter about safety, talk to your son about consent.”

One in four women is sexually assaulted in her lifetime, according to local rape crisis centre Women Against Violence Against Women.

Northern Gateway a no-go as is: Province to review panel

The British Columbia government officially declared opposition to the Northern Gateway pipeline, telling a federal review panel that the multibillion-dollar project should not go ahead as proposed.

In a submission to the panel on Friday following more than a year of hearings, lawyers for the westernmost province said there remain too many unanswered questions.

“(Northern Gateway) has presented little evidence about how it will respond in the event of a spill,” the province said.

“Given the absence of a credible assurance in this regard, the province cannot support the approval of or a positive recommendation from the (panel) regarding this project as it was presented.”

Quoted

“‘Trust me’ is not good enough in this case.”

The province, in the submission on Enbridge’s promise of further study once approval is granted

The proponent, Calgary-based Enbridge, has promised more planning and study once approval is granted, the province pointed out.

“‘Trust me’ is not good enough in this case,” said the 99-page submission.

However, the province’s stance is not the assured death of the project. Despite the rejoicing from opponents, the Alberta government and Enbridge were quick to suggest work will continue toward assuaging B.C.’s concerns.

“What we’re saying is that everything we’ve seen to date simply doesn’t make the grade at this point in terms of assuring British Columbians that the environment would be well-protected,” said B.C. Environment Minister Terry Lake.

“These are questions that are left hanging and we feel those need to be answered before we would support a certificate being issued.”

Those questions include oil spill response and the behaviour in water of diluted bitumen, the molasses-like oilsands product that would be destined for tankers off the B.C. coast. THE CANADIAN PRESS

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Suspect arrested. Man stabbed during bocce ball game in Victoria Park

A Vancouver man is facing attempted murder charges after he allegedly slashed a bocce ball player in Victoria Park, Friday.

At around 7:30 p.m., a 50-year-old Vancouver man was playing bocce ball in the park when he was attacked by a knife-wielding stranger, police say.

A witness to the scene reportedly rushed to the victim's aid and disarmed his attacker, a 45-year-old man. However, the stranger allegedly revealed a second knife, which he was carrying when police arrived.

When he refused to follow directions, officers used a police dog to nab the man.

The victim was left with non-life-threatening wounds to his head and hand, but police say it could have been much worse.

"If not for the actions of this Good Samaritan, the victim could easily have suffered injuries beyond the slash wounds," says VPD spokesperson Sgt. Randy Fincham.

The suspect was arrested for attempted murder and possession of a dangerous weapon.

ELIZABETH HAMES/FOR METRO

Increased demand. B.C. gets new area code, water restrictions

More phone numbers and less sprinkler usage, please.

To cope with increased demand, B.C. officially got its fourth telephone area code — 236 — from the CRTC on Saturday.

It will be given out when 604, 778 or 250 numbers are no longer available or if customers request the new code, according to the Western Telecommunications Alliance. It's not clear if the code will have any geographic boundaries, such as 604 in the Lower Mainland.

But telephone numbers aren't the only resource with limited supply in B.C., which according to the 2011 census is the second-fastest growing province in Canada.

Also as of Saturday, Metro Vancouver officials reminded residents to limit their lawn sprinkling since water demand doubles on the hottest days of summer.

"One hour of lawn sprinkling each week is all that's needed for lawns to remain healthy," Metro Vancouver's chair Greg Moore said in a statement. "Why waste high-quality drinking water on lawns?"

From June 1 to Sept. 30, lawn sprinkling is only permitted before 9 a.m. Even-numbered residences can water lawns on Monday, Wednesday and Saturday, while odd-numbered residences are permitted on Tuesday, Thursday and Sunday.

The restrictions don't apply to veggies, flowers, shrubs or trees.

EMILY JACKSON/METRO

Vancouver Island

Coast guard airlifts hunter after medical distress

The coast guard says it's not clear what the condition is of a hunter airlifted off a remote inlet of Vancouver Island.

The Royal Canadian Air Force received a call late Friday night that a hunter was in possible medical distress. A Cormorant helicopter was dispatched, arriving in the area shortly after midnight Saturday morning.

THE CANADIAN PRESS

Emily Pattengale, 19, is participating in the Gutsy Walk for Crohn's & Colitis this Sunday for the third year in a row. JENNIFER GAUTHIER/FOR METRO

Getting Gutsy with it

Raising money to fight IBD. Gutsy Walk aims to find cure for bowel diseases affecting 10,000 British Columbians

KATE WEBB
kate.webb@metronews.ca

Emily Pattengale was just 13 years old when she dropped 50 pounds in four months, started suffering from severe stomach pains and finding sores in her mouth.

It took nine months for a doctor to diagnose her with Crohn's — the same disease that forced her grandmother to get a portion of her bowel removed in her early teens.

In the six years since then, Pattengale, now a 19-year-old sociology student at SFU, has learned to master the art of taking it easy to avoid stress-induced flare-ups.

"With school and work, sometimes you just can't do it all," she said, explaining she has had to miss many days of both over the years, occasionally for weeks at a time.

"Sometimes when you're wanting to, you have to step back, and that's hard to admit to yourself: 'I can't do this right now so I just need to take a break.'"

Pattengale is one of hundreds of British Columbians taking part this Sunday in the Gutsy Walk, a charity event benefitting the Crohn's & Colitis Foundation of Canada.

The foundation aims to find a cure for inflammatory bowel disease (IBD), a category of chronic, immunological illnesses that are on the rise in Canada.

Although people tend to talk about it in hushed tones, Canada is thought to have one of the highest rates of IBD in the world. In B.C. alone it affects an estimated 10,000 patients, striking most when they are in their 20s and 30s and some as young as 18 months.

Dr. Brian Bressler, a gastroenterologist at St. Paul's Hospital, said Crohn's and colitis are most prevalent in countries furthest from the equator, but are also thought to be influenced by genetic and dietary factors.

There is no known cure, but most people go into remission once treated with medications or surgery.

The symptoms range from fatigue, weight loss, urgency and bloody diarrhea to significant abdominal pain and fistulas, which cause leakage from the bowel.

Dr. Bressler said part of the money raised by the Gutsy Walk will be put toward the first-ever study to follow 5,000 siblings of patients with IBD to try to isolate the environmental factors that pose the greatest threat to people most at risk of developing it.

How to get involved

To sign up or sponsor someone in the Gutsy Walk, visit gutsywalk.ca.

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SHOPPERS DRUG MART

GST amendment will cost insurers

$1 billion owed. Tax amounts date back to a 2005 Finance Department release implemented in 2010

Finance Minister Jim Flaherty with Prime Minister Stephen Harper in March. A massive retroactive GST ruling from the Finance Department has insurers fuming. THE CANADIAN PRESS

Canada's insurance industry faces a $1-billion GST bill at the end of this month, thanks to a federal tax move critics say smacks of a "banana republic."

The massive tax hit applies to some financial services that insurers say were never before subject to GST.

The GST now owed is retroactive seven years, back to 2005, when the federal Finance Department issued a news release saying it planned to amend tax legislation — something it didn't get around to implementing until 2010.

Critics say that apart from the body blow to the books of domestic insurers, the "massively distortive" tax grab sends a signal to global investors that Canada is no place to do business. That message, they say, challenges any claim the Harper government is a tax-cutter and a good steward of the economy.

"I have lost count of the number of times that global tax directors have used the words 'banana republic' when I describe this legislation to them," says Michael Firth, a tax partner at PricewaterhouseCoopers Canada, and chief among the critics.

For its part, the Finance Department says it hasn't changed GST legislation at all, but rather clarified rules that were poorly drafted when the GST was born in 1991. THE CANADIAN PRESS

Lovers in a dangerous time

A couple celebrates their wedding in Taksim Square on Sunday, a day after Turkish police pulled out of Istanbul's iconic square following a second day of violent clashes between protesters and police over a controversial development project. GURCAN OZTURK/GETTY IMAGES

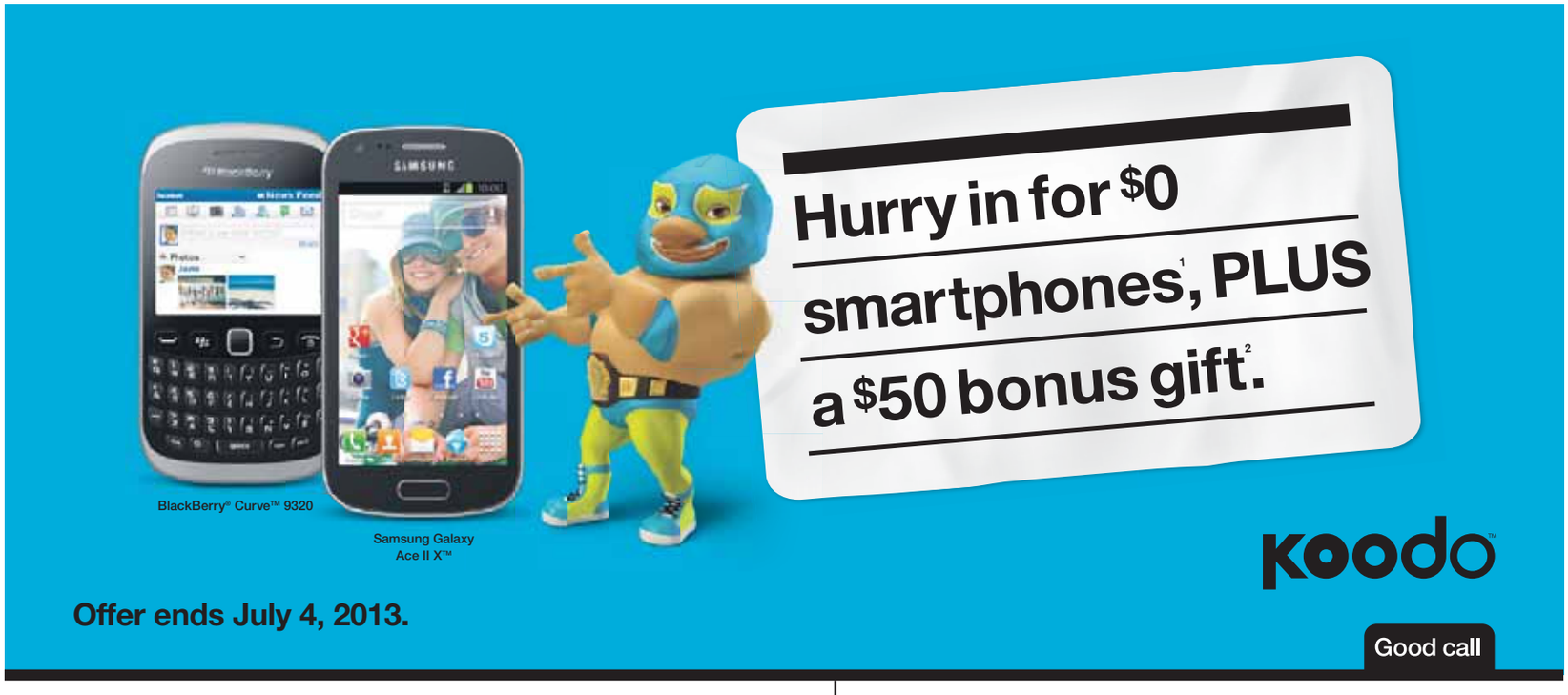
Pistorius trial

Family responds to alleged crime scene images

Oscar Pistorius' family said Sunday it was "shaken" by the "graphic" leaked images broadcast by a British television station that purport to show the bloodied bathroom where the Olympian fatally shot his girlfriend on Valentine's Day.

In a brief statement two days before the double-amputee athlete is due back in court for a hearing ahead of his murder trial, the Pistorius family said the images shown by Sky News on Friday did not help the legal process.

"We were shaken by the graphic images, leaked into the public domain this week, of the accident scene at Oscar's house," the family said. "It has always been our plea that the legal process be allowed to run its course with integrity. The leaking of evidential material into the public domain before the court case does not advance this process." THE ASSOCIATED PRESS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Greg Johnson was also chasing Friday's killer tornado seen here. GREG JOHNSON

Storm chaser legend killed in Friday's U.S. twister

Oklahoma City. Saskatchewan tornado hunter says chaser deaths are rare, but this storm pattern was 'unprecedented'

MORGAN MODJESKI
Metro in Saskatoon

Three of North America's best-known storm chasers were among 13 killed after a tornado hit the El Reno area of Oklahoma City during rush hour on Friday.

Tim Samaras, called the Wayne Gretzky of storm chasing, his son Paul Samaras and storm chaser Carl Young were all killed when an EF3 tornado, with winds up to 265 km/h, barrelled into the area.

Saskatchewan tornado hunter Greg Johnson was chasing the same tornado that killed the three men.

"Is it dangerous? It sure is. We're putting ourselves into the danger zone, but the thing is, we have very sophisticated technology and we have a really good understanding of how storms behave, so this is a very rare incidence," said Johnson.

Johnson said the tornado made a 90-degree left turn and headed north in a pattern that he called "almost unprecedented."

"We got caught in the same storm and we were basically in a different location, but in the same situation as Tim," said Johnson.

He said Tim Samaras was one of the best storm chasers in the field, adding he had a chance to visit with Samaras and his team two weeks ago in Texas. "When you talk with somebody with as much experience, knowledge and research under his belt ... you just sit and listen," said Johnson.

Experienced team

"The fact that this happened ... it just shows how abnormal this particular storm was, and it was. It was a very, very unusual situation."

Saskatchewan tornado hunter Greg Johnson

Heavy rains

Disaster warnings issued in central European flooding

Authorities in parts of central Europe issued disaster warnings and scrambled to reinforce flood defences Sunday as rivers swelled by days of heavy rain threatened to burst their banks.

Several people have died or are missing in the floods in Germany, the Czech Republic and Switzerland since Thursday.

Czech officials warned that the waters of the Vltava river could reach critical levels in Prague late Sunday. Interim Mayor Tomas Hudecek said authorities were considering whether to shut down parts of the subway network. In the nearby city of Trebenice a woman was found dead in the rubble of a cottage that collapsed in flooding. THE ASSOCIATED PRESS

Boston bombings

Russia, U.S. 'need to work more closely on security'

The head of a U.S. congressional delegation said Sunday that its meetings in Russia showed there was "nothing specific" that could have helped prevent the Boston Marathon bombings, but that the two countries need to work more closely on joint security threats.

Dana Rohrabacher, a California Republican congressman who led the six-member delegation, described discussions with Russian parliamentarians and security officials as productive. Some of the meetings, he said, were made possible by American actor Steven Seagal.

Seagal attended the news conference in the U.S. Embassy. THE ASSOCIATED PRESS

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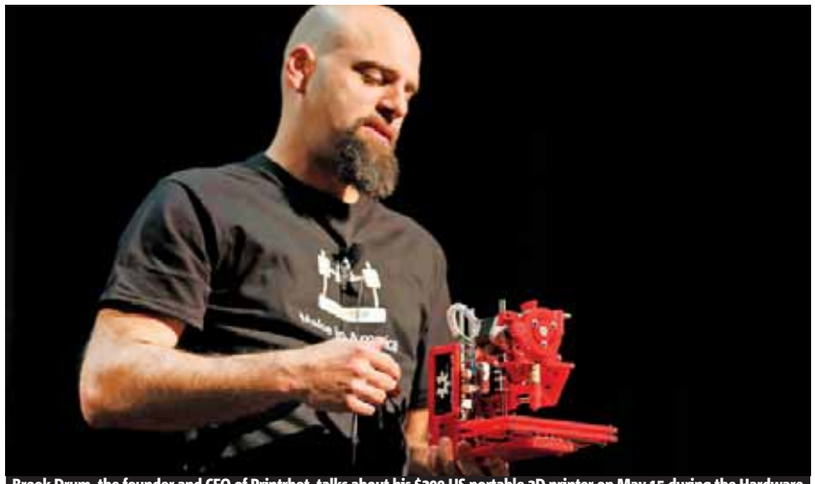

Brook Drum, the founder and CEO of Printrbot, talks about his $299 US portable 3D printer on May 15 during the Hardware Innovation Workshop in San Mateo, Calif. ERIC RISBERG/THE ASSOCIATED PRESS

The next industrial revolution is coming to a printer near you

3D printing. Emerging technology could disrupt mass manufacturing by changing how and when things are made

Invisalign, a San Jose company, uses 3D printing to make each mouthful of customized, transparent braces. Mackenzies Chocolates, a confectioner in Santa Cruz, uses a 3D printer to pump out chocolate moulds. And earlier this year, Cornell University researchers used a 3D printer, along with injections of a special collagen gel, to create a human-shaped ear.

Once a science-fiction fantasy, three-dimensional printers are popping up everywhere from the desks of home hobbyists to Air Force drone research centres. The machines, generally the size of a microwave oven, extrude layers of plastics or other materials to create 3D objects with moving parts.

Users are able to make just about anything they like: iPad stands, guitars, jewelry, even guns. But experts warn the innovation could soon turn controversial due to safety concerns and its potential to alter economies that rely on manufacturing.

"We're on the verge of the next industrial revolution, no doubt about it," said Dartmouth College business professor Richard D'Aveni.

"In 25 years, entire industries are going to disappear. Countries relying on mass manufacturing are going to find themselves with no revenues and no jobs."

THE ASSOCIATED PRESS

Try this at home

- Starting in June, office supply chain Staples plans to be the first major retailer to supply 3D printers with "the Cube," a plug-in device that uses 16 colours and costs $1,299 US.

Policy change

Want a coffee and a smoke? Not at Starbucks

Starbucks customers will now have to stamp out their cigarettes before approaching the cafés. The chain has banned smoking within 25 feet (about 7.6 metres) of its stores. A Starbucks spokeswoman says the idea is to expand the indoor no-smoking policy to the outdoor seating areas. The policy shouldn't cause a big difference in many areas that already ban smoking within a certain distance of a business entrance. THE ASSOCIATED PRESS

Ebook price-fixing. Apple, U.S. Justice Department to square off in antitrust case

In a civil case where the words of Steve Jobs play prominently, the U.S. government and Apple Inc. are set to square off over allegations that Apple conspired with the country's largest book publishers to make consumers pay more for electronic books.

U.S. District Judge Denise Cote is scheduled to begin hearing the price-fixing case Monday in federal court in Manhattan.

The trial stems from an antitrust lawsuit brought last year by the Justice Department, which accused Apple of helping hatch the scheme at a meeting with publishers in 2009 as it was preparing to launch the iPad. THE ASSOCIATED PRESS

Visitors look at ebooks at the Frankfurt Book Fair in this file photo. On Monday, an ebook price-fixing case against Apple will get underway in Manhattan. THE ASSOCIATED PRESS FILE

WHEN NO MEANS MAYBE LATER

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Does no always means no?

When it comes to the B.C. government's much-ballyhooed (love that word!) rejection of the Northern Gateway pipeline, the answer is LOL.

The Christy Clark team made headlines across the country last week when it told the panel looking into the proposed pipeline from the Alberta oilsands to the Pacific Coast that it could not support the pipeline "at this point" because of environmental concerns.

At some other point?

Maybe.

There was a lot of that kind of fuzzy language buried under the headline. Environment Minister Terry Lake told an Alberta reporter there is still a "pathway to yes," and he reminded everyone about the five requirements laid out by the province last year; the same five requirements Clark reiterated during the election campaign whenever anyone asked her about her stand on the pipeline.

And at the same time the government "rejected" the pipeline, its submission to the panel outlined a number of recommendations that could change its mind before the panel issues its report at the end of the year.

So while the government was basking in praise from the likes of the Pembina Institute and federal NDP leader Thomas Mulcair, the so-called "rejection" came with enough loopholes for a fleet of Mack trucks.

Certainly, the government has focused on a legitimate concern. No one knows what happens when there's an oilsands spill from a pipeline or a tanker, and, as the government says to Enbridge, the company proposing to build the pipeline, "'trust me' is not good enough."

And then there are those polls showing that three-quarters of British Columbians are opposed.

Still, if you think this is a "rejection," don't be too surprised when they start shipping oilsands bitumen past your nice balcony overlooking lovely English Bay someday soon.

This is a $6-billion project, and that's just for starters. This pipeline could be a critical building block of the B.C. economy going forward, and in case we've forgotten, a big fat promise to kickstart the economy got Christy Clark's Liberals re-elected in the face of all odds.

Here's an interesting stat: in 1982, the median income was $31,600 (in current dollars) a year. Today? It's $27,500. If it feels as if you're pedalling as hard as you can and still going backwards, that's because you are. Oil and gas has been the cod liver oil of the Prairie resurgence, and B.C. desperately wants some of that.

In fact, it wants what our premier likes to call "our fair share." If we're taking all the environmental risks, we want compensation.

Someone please tell me what has changed.

This "rejection" is just the government's way of announcing that the real haggling has just begun.

ZOOM

What plagues the puffin?

THE ASSOCIATED PRESS FILE

East coast seabirds dying of starvation

This Atlantic puffin is seen with a beak crammed with fish to feed its young, but the population is at risk in the Gulf of Maine. The comical-looking seabirds have been dying of starvation and losing body weight, possibly because of shifting fish populations as ocean temperatures rise, according to scientists.
THE ASSOCIATED PRESS

Butterfish too fat to feed to the kids

Instead of feeding their young primarily herring, puffin parents were giving them large numbers of butterfish, a more southerly fish that's becoming more abundant in the Gulf or perhaps more accessible to seabirds because they've moved higher up in the water column.

But the chicks ended up starving to death because the butterfish were too big and round for them to swallow, says Steve Kress, director of the National Audubon Society's seabird restoration program. Piles of uneaten butterfish were found next to some of the dead birds.

The amount of herring in the puffin's diet has been falling by about five per cent a year. **THE ASSOCIATED PRESS**

Clickbait

LUKE SIMCOE
luke.simcoe@metronews.ca

Who says games have to be fun? If you're over Angry Birds and tired of being a Fruit Ninja, give some of these smartphone distractions a spin. What they lack in playability they make up for in sheer baffling wonderment.

Enviro Bear 2010:

In what some reviewers describe as "an elaborate troll," you take on the role of a car-driving bear trying to stock up on food for the winter. The only catch? The controls are almost meaningless, and winning seems impossible.

Frederic — The Resurrection of Music:

Play as zombie composer Frederic Chopin as he dances on a piano while battling French rappers. What's not to love?

QWOP:

The grand-daddy of futile games. For merely 99 cents, iPhone users can try — and fail — to lead a track star across the finish line, one floppy muscle group at a time.

Letters

RE: Whiny Airplane Travellers Can Go Fly a Kite, published May 29

In John Mazerolle's column He Says, he talks about how whiny people can be on airplanes and how annoying it can be.

He goes on to say he loves flying.

I know some people are annoying needlessly, but there are some people like me who hate flying due to mental illness.

We folks suffer severe anxiety and it can be quite uncomfortable at times. I don't say anything out loud and bother people, I just suffer in silence.

I have two sisters who live out West and so I have to fly to see them and it's something that can be very stressful.

I realize he's trying to be funny, but for some of us it's not a laughing matter.

It seems as though he wasn't thinking about people like me when he wrote that and I am offended enough to write to you about it.

Jim Inglis, Halifax

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Send us your comments: vancouverletters@metronews.ca

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SCENE 2

Parental guidance suggested

Will and Jaden Smith teaming up for After Earth has us thinking of other real-life parent-child movies. **METRO WORLD NEWS**

The actors, films	Their ages	Their roles	The results
Melvin and Mario Van Peebles Sweet Sweetback's Baadasssss Song (1971)	39, 14	Melvin plays an entertainer at a brothel falsely accused by "The Man." Mario plays his younger self in a fairly graphic introductory scene where he loses his virginity to a prostitute. Thanks, dad!	Even though what was shot very nearly qualifies as child pornography, it apparently wasn't traumatic. Mario grew up idolizing and often working with his father. He became a filmmaker himself, making New Jack City and Baadasssss! — an account of the making of his father's pioneering black cinema classic. Mario even stars as his wildly charismatic, cigar-chomping, lady-killer pop.
Ryan and Tatum O'Neal Paper Moon (1973)	32, 10	Ryan is a charismatic con man in the Depression-era South who collects fraudulent fees from rubes for bibles. Tatum plays a little girl who may be his daughter. She proves a grifting prodigy.	Ryan, often a wooden rent-a-hunk, was atypically alive and hilarious in this Peter Bogdanovich comedy. Ditto, for that matter, Tatum, who became the youngest-ever Oscar winner. She did The Bad News Bears but struggled through an adult career. Ryan, meanwhile, did two more films of major note (Barry Lyndon and The Driver), but soon returned to crap films. Their relationship became strained. Tatum alleged that Ryan hit on her at Farah Fawcett's funeral.
Henry and Jane Fonda On Golden Pond (1981)	76, 44	Henry is a crotchety, terminally sweary old-timer who is estranged from his daughter, played by Jane. This isn't that far from the truth, except that Henry wasn't married to Katharine Hepburn.	The two were famously estranged, despite him being, like her, a liberal — back when such a thing wasn't cool. The film helped them patch things up, just as what happens in the film. Henry died soon after winning his first Oscar, which Jane accepted on his behalf.
Martin and Charlie Sheen Wall Street (1987)	47, 22	Charlie is an upstart who gets associated with the wrong scene, while his father scowls. They also acted in this movie together.	The two would reunite, for about 10 seconds, in Hot Shots Part Deux, in a scene that parodies Apocalypse Now: Passing by each other on ships, they simultaneously stand and proclaim, "Loved you in Wall Street!"
Sylvester and Sage Stallone Rocky V (1990)	44, 14	Sly is a slow mumblemouth who solved the Cold War, but is still stuck penniless in a miserable South Philly neighbourhood because his brother-in-law is an idiot. Sage is his resentful son who gets an earring.	Sage took over the role of Rocky Jr. from someone actually named Rocky Krakoff. He didn't get great reviews, but neither did the film. Still, he acted again with his dad in Daylight, and appears in Vincent Gallo's Promises Written in Water, which Gallo won't let anyone see. Last year, Sage died of a heart attack at 36 years old.
Jon Voight and Angelina Jolie Lara Croft: Tomb Raider (2001)	63, 26	Jolie is a buxom archaeologist who does all the things that Indiana Jones can't, like have breasts. Voight is her dead father who she meets in an alternate dimension.	Jolie and Voight have had a bumpy relationship. They reconnected as her career exploded, then "broke up" again, then came back together after her mother's death. Still, Voight said he found out about her double mastectomy with everyone else.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Statham starves himself, Leo finds another angel

STARGAZING
Malene Arpe
scene@metronews.ca

Jason Statham is eating nothing but rice and spinach in order to get in shape for a role. The part is that of a miserable dieter driven to a life of crime and violence and ultimately finding redemption after accidentally consuming eight Mars Bars.

Justin Bieber is again investigated for reckless driving. It was all a giant misunderstanding. His pants got tangled in the steering wheel and his ego got tangled with his perception of reality.

Amanda Bynes Twitter-feuds with Rihanna while Frances Bean Cobain Twitter-feuds with Kendall Jenner and Kelly Osbourne rekindles her old feud with Lady Gaga in a Cosmopolitan interview. Next week, just to keep things interesting, Rihanna will go after Kendall on Instagram while Gaga hits Amanda over the head with a rolled up magazine.

Leonardo DiCaprio is dating a Victoria's Secret model. This would be his fourth Victoria's Secret girlfriend. Perhaps it's time to try Land's End or L.L. Bean.

Beyoncé. PHOTOS: GETTY IMAGES

Beyoncé drinks to her non-existent pregnancy

Beyoncé certainly knows how to deal with those pesky pregnancy rumours: The singer, who has been plagued with speculation she's expecting for the past month, posted a photo to her Tumblr blog from her recent visit to Germany showing her perched in husband Jay-Z's lap sipping a glass of red wine. While it's not an out-and-out denial, the message seems to be clear. This comes on the heels of Jay-Z saying in a radio interview that rumours of Beyoncé's pregnancy are "simply not true."

Twitter

@RebelWilson
When I'm out listening to podcasts it takes my mind off the fact that I'm doing cardio (which is good)

@oliviawilde
Prep for new movie involves wearing trash bags, tin foil, and face plaster. Gaga, eat your heart out?

@SofiaVergara
Exciting news, I'm the next person to get a Madame Tussauds wax figure. So honored!

More tattoos for Justin? You better Belieb it!

Justin Bieber

Justin Bieber can't stop getting tattoos — or at least he won't stop. The 19-year-old pop star appears to be averaging about one new piece of body art a month for 2013. His latest, as unveiled when he attended the premier for pal Jaden Smith's new film, After Earth, appears to be a rendering of a knight in shining armour on the inside of his left forearm, according to Splash News. That happens to be the arm where he's put most of his new ink, including a tiger head on his bicep and an angel by his wrist.

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Lighter load

Re-use plastic pill container as sunscreen bottle

We all know it's important to re-apply sunscreen, but carrying around a whole, full-sized bottle of sunscreen can be cumbersome. Lighten up your load with this simple tip: Re-use a plastic pill container as a smaller sunscreen bottle. Wash the pill bottle and fill it with sunscreen—it's the perfect size to use on the go and handy if you carry different sorts of sunscreen. It's that easy and it's great for camp, cottage, or taking to the beach. CAROLINE FERNANDEZ/ YUMMYMUMMYCLUB.CA

Works a charm

Use the toy trick when travelling with a crying baby

When travelling with your infant who screams because he or she hates the car, make sure you have a pile of soft toys stacked up beside you on the passenger seat. At red lights or stop signs you can reach your arm back, and drop a new soft toy on his or her lap (or head — it's hard to have good aim, that's why they're soft.) This will distract your baby long enough for you to drop another new toy at the next stop sign or red light. It's like magic, I swear. JEN WARMAN/ YUMMYMUMMYCLUB.CA

Exclusively Online

Dora the Wine Fridge Explorer? Si! Read more comedic (mis) adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

Her body is her body, and it's meant to dance, not quit

Staggering statistic.
Six out of 10 girls avoid activities because they don't like their bodies. We as parents must help to lower that number

ALI MARTELL
yummymummyclub.ca

I took ballet for 10 years. From the time I was two years old until I was 12, I spent several days a week perfecting my pliés and pirouettes and arabesques and revoltades.

I might have even been good, too, but I'll never know.

Because I quit.

Because I was a stupid preteenager. It was too hard, too time-consuming. And there was a little not-allowed-to-wear-underpants-underneath-the-leotard situation.

But mostly, I quit because of my body. At age 12, my body began changing — it was too large in some places and too small in other places. I was, like many girls are before they grow into their women-bodies, the bodies that will one day grow their babies — a wee bit awkward. Apparently, and unfortunately, I'm not alone in this. Six out of 10 girls avoid activities because they feel badly about the way they look.

When my oldest daughter was born and I heard that lovely "It's a girl!" announcement, the first thing I said was, "God, I can't wait to put her in a tutu." And I stayed true to my word. She was in a tutu almost before she could speak.

At 12, she is my mini me. She looks almost exactly like me; she's built almost exactly like me. Once, just once, we had the conversation I worried about the minute I became the mama to a daughter:

"Mama, I hate my body."

"What?"

"My friends are all so tall and thin. I am short and stout, like the little teapot."

"We are all built differently, my love. You are the perfect you that you can be."

Ballerinas of the future need positive role models at home. ISTOCK

"Hrm. I don't know if you are right."

"Do you exercise?"

"Of course. I bike and swim and dance and play basketball and walk to and from school and jump on the trampoline and I'm thinking of trying out for track and field."

"Do you eat a lot of foods that are good for you?"

"Of course. I love peppers and broccoli and green beans and artichokes and asparagus."

"Then that is all that matters. If you treat your body the way it should be treated, your body will grow into what it should be — a perfect woman."

I don't want her to quit like I did. She's so good. Six out of 10 girls avoiding activities. Six out of 10! I don't want my daughter to be one of the six. Research shows, though, that when girls have positive role models at home — often mom — they tend to be less likely to let their anxieties get the better of them. Her body does amazing things — she can pop and lock and shake and shimmy and whatever those young kids are doing these days. And there are moments when she's on that dance floor, and I'm sure that she's flying.

I want her to know that bodies come in all shapes and sizes. It's my job as her mother to remind her of this and to not make the same mistakes that kept me from pursuing something I loved, something I could have been amazing at.

Her body is her body, and it's a body that's meant to dance. To fly. To be celebrated. To wear a tutu if she wants.

Not to quit.

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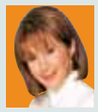

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Close to 600 calories for breakfast and an afternoon snack is over the limit. The reason is the vanilla frozen yogurt, which has lots of calories and sugar. If you want protein, three quarters of a cup of Greek yogurt has 18 g of protein.

Equivalent

One Funky Monkey Booster Juice is equivalent in calories to one chubby chicken sandwich from A&W.

Booster Juice Berry Cream Sensation

325 calories/ 3 g fat/ 5 g of protein

This is made primarily of fruit and no frozen yogurt. Ask for an extra scoop of protein powder if you like.

Keeping the bugs out of your business

Stay healthy during the hustle. You can't let the sneezes slow you down when there is so much to do

JULIA WEST
Metro World News

Don't just expect the nighttime crew to wipe away all the germs from the day. Bring along your own cleanup kit. ISTOCK

You may claim that your job — or your boss — is killing you, and the truth is, it could actually be harming you. Poor lunch decisions when you're on the go, uncomfortable chairs and germy work stations might be taking a toll on your immune system. With a few thoughtful workplace changes, though, you can make your office a place of health and not harm. (Unfortunately, we can't help you with your boss.)

If you work in an office, you probably spend the majority of your day at your desk. Make sure it isn't a breeding ground for bacteria.

"Sanitize your workspace," suggests life coach Stacia Pierce of Ultimate Lifestyle Enterprises.

"Keep disinfectant wipes near to wipe down your mouse, keyboard and phone."

Pierce also suggests getting fresh air by eating lunch outside whenever possible. Kathy Gruver, a health and wellness practitioner, agrees. "Get outside for fresh air and sunlight, which can help that after lunch feeling of sleepiness," says Gruver. "Add in exercise and stretching throughout the day. We are still when waiting for things to load, fax, and copy. This is the perfect time to stretch and move the body."

You might be surprised which careers offer the healthiest lifestyles. According to Leslie Caccamese, director of strategic marketing and research at Great Place to Work, grocery clerks are often in good shape.

"At Whole Foods, team members are educated on healthy eating so they can share that information with their customers," says Caccamese.

"Team members also get an extra discount at Whole Foods stores for maintaining healthy biometric standards."

Put the "work" in workout

Find ways to sneak a little exercise into your workday

- Get your blood flowing with a few lunges or heel lifts at your work station.
- If you're shy about the desk workout routine, burn calories more discreetly by parking farther away from the building, or opting for the stairs rather than the elevator.
- Or just go for a walk during your lunch break.

Cream Cheese Filled Brownies.
An unusual treat made in heaven

A light dessert made in heaven. Moist and dense brownies sandwiched between a light cream cheese filling.

1. Preheat oven to 350 F. Spray an 8 inch square baking dish with vegetable spray. Make the filling: In a food processor or in a bowl with an electric mixer, beat together cream cheese, sugar, milk and vanilla until smooth. Set aside.

2. Make the brownies: In a large bowl whisk together brown sugar, sour cream, oil, whole egg and egg white. In a separate bowl, stir together flour, cocoa and baking powder. Add liquid ingredients to dry, blending just until mixed.

3. Pour half the brownie batter into prepared pan. Spoon filling on top; spread with a wet knife. Pour remaining batter into pan. Bake 20 to 25 minutes or until just barely loose at centre.

ROSE REISMAN

Ingredients

Makes 16 brownies
Preparations: 15 min
Baking time: 20-25 min.

• Filling

4 oz light cream cheese, softened
3 tbsp granulated sugar
2 tbsp 2% milk
1 tsp vanilla extract

• Brownies

1 cup packed brown sugar
1/3 cup light sour cream
1/4 cup vegetable oil
1 egg
1 egg white
3/4 cup all-purpose flour
1/2 cup cocoa
1 tsp baking powder

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YLVA VAN BUUREN
CareerBear.com

If you're in the midst of a job search, you know it's important to study every job description to understand what the position requires — and how your skills and experience tie in.

But there are also certain characteristics that are valuable to organizations that you won't ever see in a job description, says Stefan Danis, CEO of Mandrake and NEXCareer.

"What you bring to a job really goes beyond your experience and skills. Organizations today are also looking for an attitude to align with or lift their culture. Those extras are often what make one person more hireable than another."

Here's the list that HR won't share:

A lot of people meet the job requirements but the most valuable employee doesn't settle for meeting expectations, says Stefan Danis — he or she exceeds them. ISTOCK

Minimal drama

- **Personal and work lives are more intertwined than ever due to technology and the fact that more people work occasionally from home.**
- **"So while more work is done from home, organizations are usually not tolerant when someone brings 'home' issues to the office."** Drama, intrigue and in-fighting are office staples – don't get involved, says Danis. Your boss won't tolerate office opera either.

Character

"We're constantly faced with having to make decisions and at the end of the day employers want to know that you'll make the right decision for them," Danis says. For example, if the company is in survival mode, they need you to make the right short term — and often difficult — decision. If the company is about growing into a long-term, sustainable business, they want someone with a longer time horizon who won't cut corners. To see if you have the character the company is looking for, the interviewer might ask questions about facing difficult decisions and how you chose to handle them. "They're looking at your moral compass, integrity and follow through."

Positivity

"We all have stories about someone with a negative attitude. I believe more organizations are trying to scan for that. Positivity is not a necessity to do your job, but negativity is toxic to the work environment," Danis says. Valued employees project a happy disposition and a glass-half-full attitude.

Adaptable

Organizations today need people who are resilient and able to change as the company changes direction. "People who resent and resist change are literally a drag on an organization," Danis says. For example, if a company has to suddenly cut costs or lay off staff, "someone who can renew their vows to the organization's new direction almost immediately is very valuable."

Industrious

While companies promise mentoring and training, staff shortages or busy work schedules often result in new employees being left to figure things out on their own. "Let people know that while you value mentoring you acknowledge that it is sometimes difficult for people to follow through on doing it. A valued employee resists blaming the organization; instead, that person figures things out by quickly building an internal support network," Danis says.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Dependable

"Having the discipline to follow through is so important. When asked to do something, a valuable employee never lets you down." You can prove this with examples that show how you successfully completed a variety of often-conflicting assignments on time and on budget.

Job focused

Organizations want employees who do what they are paid to do. Surfing the web has taken over as the number one time waster in the office, says Danis. "It is killing productivity. Turn Facebook off and resist visiting LinkedIn and your stock picks. That should all be done at home."

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metro
CAMP GUIDE
Monday, June 3, 2013

When going away to summer camp, make sure you pack extra changes of clothes for warm weather and cool weather situations. DARRIN KLIMEK/LIFESIZE/THINKSTOCK

What to pack and not to pack

With all the electronics kids have these days, from iPods to video game consoles and cellphones, parents should inquire about a camp's policy on these devices.

Cellphone use, in particular, might raise concerns about a camper's independence away from home. Those that allow cellphone use would be in the minority of camps and many camps are simply out of range for most cellphone use anyway.

Some camps allow periodic phone calls from parents on traditional landline phones, or will print out emails from home and distribute them like mail, but others don't allow non-emergency contact because they want to encourage a camper's adjustment and to discourage interruptions.

What you should take with you to camp is going to vary on what camp you are attending and what activities you will be doing.

Some camps have this information available on their website or will provide you with this information when you register.

Here is a list of some of the basics, but check with your camp on what to bring and what to leave at home before you pack. Remember to label your belongings.

What to remember:

- Swimwear and sleepwear
- Comfortable, loose clothing
- Extra changes of clothes for warm weather and cool weather
- Rain gear
- Sunscreen (or any other UV protection)
- Hat with a wide brim
- Insect repellant
- Toiletries such as soap and shampoo, etc.
- Sturdy footwear that can handle rugged terrain
- Bedding
- Several towels
- Flashlight and extra batteries
- Refillable water bottle
- Optional items such as cameras, writing supplies, musical instruments, books, games

What to leave at home:

- Portable MP3 players and other music players
- Cellphones, PDAs, etc.
- Expensive items that will devastate your child if they are broken or lost
- Too much money — a modest amount is all that's needed to buy the occasional treat or souvenir at the tuck shop.

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Right camp can provide growth

There are many facilities that run day camps in the summer. It is important to do your research to find a program that fits best with your family's needs.

You may find that some camps are simply daycare programs offering a modified version of their regular curriculum, including circle time, reading, snack, and free-play in a small yard. Backyard camps can merely be programs offering little more than babysitting with a kiddy pool and a swing set. A small camp is not necessarily the right camp for your little tyke.

The right camp can provide your child with growth and confidence while being in a fun, warm and safe environment.

When looking for a day camp, you want to ensure that it offers a variety of age-appropriate activities and programs for both boys and girls. Outdoor camps, as opposed to daycares or backyard camps, are able to offer a wider variety of activities to keep your child both engaged and excited to attend every day.

When selecting a day camp, research to find a program that best suits your child's needs. STOCKBYTE/THINKSTOCK

To really know what you are signing up for, make sure to visit the camp facilities with your child.

Speak to the camp director and ask lots of questions.

What type of training does the camp staff receive? Knowing how the camp staff handles meal times and sun safety is important.

With young children, the staff needs to help open lunches and containers and make sure that meals are eaten.

Staff members need to encourage and ensure that campers are staying well hydrated, especially during hot days. The staff should be applying sunscreen several times a day and shouldn't expect the children to remember or apply it themselves.

What are the camper-to-staff ratios? Low staff-to-camper ratios ensure that your children receive personal attention and are treated with patience, sensitivity, and TLC.

Safety is every parent's concern and you want to ensure that the camp's infrastructure is professionally maintained and is not a makeshift facility.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Also consider

- Other points to consider include: How long has the camp been in business? What first-aid facilities does the camp have? Is this a camp your child will grow with or outgrow quickly?

Questions for new campers

The Canadian Camping Association has compiled these frequently asked questions that parents and new campers often have. If you have specific questions, don't hesitate to contact the camps.

I am a little nervous. What if I do not know anyone?
It can be scary, especially if you are shy, going to camp when you don't have any friends going with you. One of the great things about summer camp is that you will get to know a ton of people. You may not have any good friends going to camp with you, but you will leave camp with some great new friends. Remember that there are lots of other campers who will be in the same boat when they arrive, and you aren't not alone in feeling a little nervous.

What if I get sick?
If you find yourself not feeling well you should let someone know like a counsellor, director, or the camp nurse. Your counsellor can tell you who on staff to see for medical advice or help or take you to that person. It's important to let someone know if you are feeling sick because you want to stay safe and healthy and also make sure others are safe and healthy.

What if I am afraid of bees, water, the dark, etc.?
If there is anything you uncomfortable with, you should let someone know. None of your counsellors or new friends want you to feel uncomfortable. If you are afraid to walk somewhere alone, ask a buddy; if you are feeling anxiety about the water, tell a counsellor. It's your time to have fun at camp, so be sure to tell someone if you are feeling anxious or uncomfortable so they can help make the best of your camp experience.

COURTESY CANADIAN CAMPING ASSOCIATION

2013 SUMMER PROGRAMS

Jr. Rowing Fast Track Camp
This program is geared for youth aged 14-18 who have never done a learn to row program and would like to try it! Completion of this program provides both the pre-requisite of the Indoor Tank Learn to Row and the Jr. Learn to Row and allows participants to immediately register for the Jr. Development Rowing League.
Prerequisite: None

9365	Jul 2-Jul 5	M/T/W/Th/F: 12-4pm	$224
9366	Jul 8-Jul 12	M/T/W/Th/F: 12-4pm	$280
9367	Jul 15-Jul 19	M/T/W/Th/F: 12-4pm	$280
9368	Jul 22-Jul 26	M/T/W/Th/F: 12-4pm	$280
9369	Jul 29-Aug 2	M/T/W/Th/F: 12-4pm	$280
9370	Aug 5-Aug 9	M/T/W/Th/F: 12-4pm	$280
9371	Aug 12-Aug 16	M/T/W/Th/F: 12-4pm	$280
9372	Aug 19-Aug 23	M/T/W/Th/F: 12-4pm	$280
9373	Aug 26-Aug 30	M/T/W/Th/F: 12-4pm	$280

Jr. Development Rowing League
Prerequisite: Jr. Learn to Row

May 7-Jun 29	T/Th 4:30-6:30pm, Sat 12-2pm	$288
Jul 2-Aug 3	M/T/W/Th/F 4-6pm	$288
Aug 6-Aug 30	M/T/W/Th/F 4-6pm	$228

Jr. Intermediate Rowing League
Prerequisite: Jr. Development Rowing League

9358	May 7-Jun 29	T/Th 4:30-6:30pm, Sat 12-2pm	$288
9359	Jul 2-Aug 2	M/T/W/Th/F/10am-12pm	$288
9360	Aug 6-Aug 30	M/T/W/Th/F/10am-12pm	$228

St's Training Camp
Prerequisite: Learn to Row or Equivalent

9380	Jul 2-Aug 3	M/T/W/Th/F/12pm-2pm	$360
9381	Aug 6-Aug 30	M/T/W/Th/F/12pm-2pm	$285

VC Training Camp
Prerequisite: Learn to Row or Equivalent

9382	Jul 2-Aug 4	M/T/W/Th/F/2pm-4pm	$360
9383	Aug 6-Aug 30	M/T/W/Th/F/2pm-4pm	$285

Jr. Competitive Rowing Team
Prerequisite: Jr. Development League

9355	May 6-Jun 29	M/W/F/4:30-6:30pm, Sat 10am-12pm	$384
9356	Jul 2-Aug 30	M/T/W/T/F 8-10am	$516

Adult Recreational Rowing League
Prerequisite: Adult Learn to Row

9379	Jul 4-Aug 29	M/W 6:30-8pm	$327.25

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Before your children go away to camp, sit down and have a chat with them. ISTOCKPHOTO/THINKSTOCK

Attitude. Prepare your child before they leave

You can prepare your child for the new and uncertain, yet highly rewarding, experience that will be encountered at camp through friendly chats about things that might seem different. You will think of many things to talk about. Here are a few to start off with:

• Darkness: You might mention the difference between the bright lights in the city at night and the quiet beauty of the star-studded evenings in the country. Sitting around the camp fire at night will seem exciting and different to youngsters.

• Noises: Normal city noises of sirens, buses, horns, airplanes will be exchanged for the sounds of small animals, the chirping of crickets, owls hooting, etc.

• Space: Undeveloped land is becoming a thing of the past. At camp, however, children have acres and acres for playing and hiking. It may be a child's first encounter with this sort of environment, and it may seem very large in comparison to what they are used to. Adults have a tendency to forget that things we long ago accepted will be adjustments for children.

New surroundings

"Normal city noises of sirens, buses, horns, airplanes will be exchanged for the sounds of small animals, the chirping of crickets, owls hooting, etc."

• Children: Mention that there are different kinds of children and that it will require "give and take" to get along, to make friends and to get the most out of living at camp.

• Religion: People have different religious customs, but each has a right to believe in their own way.

COURTESY CANADIAN CAMPING ASSOCIATION

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Arts Umbrella summer programs offer an intensive arts-infused learning experience for ages three to 19. Through hands-on theatre, dance, visual and digital arts, professional programs and early childhood classes, children have the opportunity to be immersed in creative expression and fun learning while they are free from their regular school work. Full- and half-day programs are available, and run out of Arts Umbrella's vibrant Granville Island and South Surrey locations.

Classes for ages three to 12, packed with imaginative theatre games, explorations in colour and form and investigations into digital and camera arts, are sure to pique the interest of every child.

KYOKO FIERRO PHOTO

Pre-professional programs are offered for teens who wish to develop or enhance their skills and strengthen their portfolios. All programs are suitable for enthusiastic and open-minded students with a keen interest in the arts.

Arts Umbrella's summer programs run throughout July and August. Classes in painting, drawing, sculpture, photography, computer design, dance, theatre and music offer many opportunities for creative discovery. Dive into creativity this summer. Learn more and register online at artsumbrella.com/summer.

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Session 1: July 2–12 | **Session 2**: July 15-26
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Whitecaps capture comeback road win

MLS. Club needs to build on momentum as they sit four points out of a playoff spot

CAM TUCKER
cam.tucker@metronews.ca

It could be the turning point in their season, and then again, it could be too early to tell.

But what we know is this: the Vancouver Whitecaps — following last week's heartbreaking loss in the Voyageurs Cup in front of their home fans — defeated the red-hot New York Red Bulls 2-1 on the road Saturday.

And the team did so without midfielders Nigel Reo-Coker (suspended due to yellow card accumulation), Gershon Koffie (injury), and striker Darren Mattocks (international call-up).

It was Vancouver's first road win of the season and first since July 4 of last year. It was also the club's second regular-season win in its last 10 games.

And it came at a time when frustration with the local fan base was growing, giving rise to questions about head coach Martin Rennie's future with the club.

The Whitecaps, playing a Red Bulls side that was 5-0-2 in its last seven games and featuring a squad with the likes of Thierry Henry, pulled off the second-half comeback on goals from Jordan Harvey and Kenny Miller.

Vancouver, now four points out of a playoff spot, will look to build on any momentum this weekend's result may have given them.

They face another away game this Saturday, a derby match against the Seattle Sounders FC.

"I honestly don't believe that our points total matches our quality of our play," Rennie told reporters following the match.

"I don't think it's even close to it, but we have to prove that and if we keep playing well then, you know, the points will definitely keep coming."

Whitecaps striker Kenny Miller will need to step up if the team hopes to earn a playoff spot. DARRYL DYCK/THE CANADIAN PRESS

The wins will follow

"I honestly don't believe that our points total matches our quality of our play."

Whitecaps coach Martin Rennie after the team's win versus the red-hot New York Red Bulls.

CFL

LaRose promoted to starting safety at training camp

J.R. LaRose, heading into his eighth Canadian Football League season, began B.C. Lions training camp Sunday as the team's starting safety.

It's now his job to lose, according to head coach Mike Benevides, as camp opened at Thompson Rivers University in Kamloops.

It was around this time last year that LaRose was demoted to special teams and the Lions went with fellow non-import Cauchy Muamba as the starting safety on what would become a vaunted defence in the regular season.

"It's hard for all of these guys. Everybody wants to be a starter," said Benevides of LaRose in a phone interview.

"It wasn't easy for him but he embraced it. That's the kind of attitude you need as a team."

The Lions inked LaRose to a contract extension in December, while Muamba hit the free-agent market this offseason, choosing to sign with the Winnipeg Blue Bombers.

LaRose, born in Edmonton, originally began his CFL career with the Eskimos.

The coach is hoping last year's experience will only fuel LaRose's motivation as camp continues.

"It'll make him a better player and a better safety," said Benevides.

CAM TUCKER/METRO

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Horoscopes

♈ Aries
March 21 - April 20
If you have any doubts at all about what you are asked to do today, either by a friend or by someone you work with, just say no. It may make you a bit unpopular but better that than you hate yourself.

♉ Taurus
April 21 - May 21
What are you doing to make the world a better place? As Venus, your ruler, moves into the communications area of your chart today you can do something, even if it's only spreading what you believe.

♊ Gemini
May 22 - June 21
Your rivals may be smart but you are in a different league entirely when it comes to brain power and cunning and will outmaneuver them with ease over the next few days.

♋ Cancer
June 22 - July 23
Venus, planet of emotional and material values, moves into your chart today, making this the ideal time to ask yourself what, and who, is most important in your life.

♌ Leo
July 24 - Aug. 23
If you compromise your principles once today you will have to compromise them again and again throughout the coming week, so start as you mean to go on and refuse to do anything underhand.

♍ Virgo
Aug. 24 - Sept. 23
Not everyone can reach your high standards so try not to be too critical if a friend falls short of expectations. Show them where they went wrong but do so in a friendly way.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, moves into the career area of your chart today, making it easier for you to get along with people in positions of power. Just be careful they don't use you, as you must benefit too.

♏ Scorpio
Oct. 24 - Nov. 22
You always present a resolute face to all, even when you feel fearful and that will help you this week. You're the one everyone goes to when there's serious work to be done.

♐ Sagittarius
Nov. 23 - Dec. 21
Your imagination is active at the moment but watch out you don't go too far by imagining things that don't exist. The line between fact and fiction can often get blurred.

♑ Capricorn
Dec. 22 - Jan. 20
This is a great day for meeting people, especially friends you have not seen in a while or the one you love. Don't linger too long in front of the mirror though!

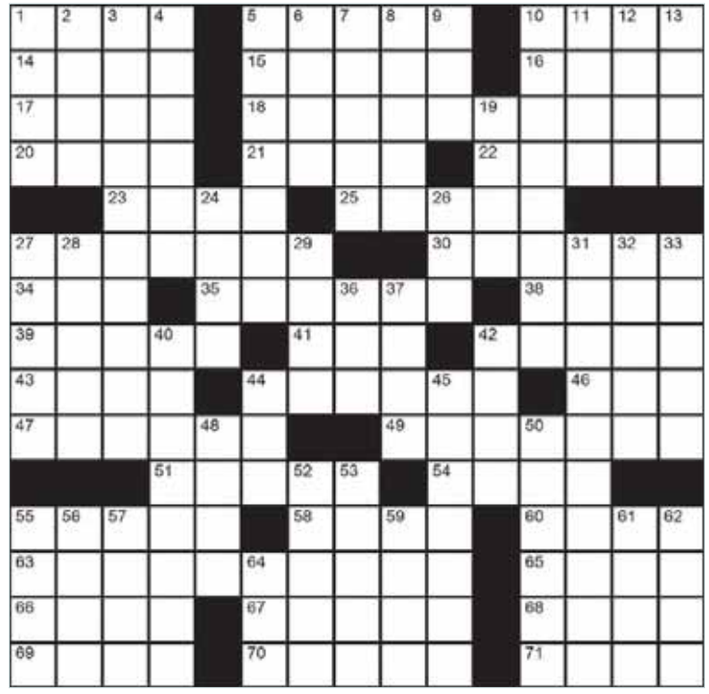
♒ Aquarius
Jan. 21 - Feb. 19
If you feel that you are being swamped with work then get someone to help you. Yes, of course, no one does as good a job as you but you can't carry on at this pace forever. Slow down.

♓ Pisces
Feb. 20 - March 20
Mercury links well with Neptune, planet of self-sacrifice today, so find ways to help people. You are at your best when giving – and the universe will give back to you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

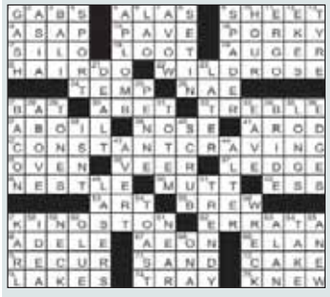
BY KELLY ANN BUCHANAN



Across
1. Be open-wide
5. Actor, Jeremy __
10. Go together well
14. Dutch violinist/conductor of PBS concert fame, Andre __
15. Signs
16. Jazz singer, Dame __ Laine
17. Mr. Sharif
18. Canada's Senate, The __ __
20. Like dry Spanish wine
21. Twinkler
22. Ladies
23. Larger-than-life
25. Stitched spots
27. "Unwritten" singer Ms. Bedingfield
30. "Ha! Tricked you!"
34. Performance-enhancer, e.g.
35. Acapulco's locale
38. Country's Mr. Church
39. Singer, Lou __
41. "Turn to Stone" gr.
42. Hockey great Mr. Hull
43. Ms. de Matteo
44. Indirectly refer to
46. "__ Hot" by Alanis
47. Prances
49. Brush up on
51. Olympic champ's hauls
54. Singer/songwriter Mr. Jordan
55. Must scratch, must scratch...
58. Gather
60. "You've Made __ __ Very Happy" by Blood, Sweat & Tears
63. 1955 Glenn Gould album: 'Bach: The Goldberg __'
65. Isle of Scotland's Inner Hebrides
66. Canadian journalist Mr. Solomon
67. Rinse, as with a solvent
68. Day's French opposite
69. Perform, like Celine Dion
70. Between-buildings-spot
71. Catch a glimpse

Down
1. Newfoundland's __ Morne National Park
2. Je t'__ = I love you
3. Canadian flag/clock structure on Parliament Hill: 2 wds.
4. Galilean moon of Jupiter
5. Sports car name
6. "How __ __ Your Mother"
7. Sacred Hindu texts
8. Ink: French
9. Hockey's Predators, on scoreboards
10. Hamilton university
11. Napoleon's exile isle
12. Appear to be
13. __ d'oeuvre (Appetizer)
19. Rat-a-tat-tat stuff
24. Doctrines
26. Toronto museum,
27. "Revenge of the __" (1984)
28. No longer together
29. Eddie's "Beverly Hills Cop" (1984) role
31. __ Period (Age of Reptiles ending)
32. __-__-miss (Randomly)
33. Poems by Currer, Ellis, and __ Bell (Bronte Sisters book)
36. Jackson 5 hit: "__ Be There"
37. __ supreme du Canada
40. Guess Who hit
42. Mr. Lugosi
44. Non-verbal communication syst.
45. Patrick of "Grey's Anatomy"
48. La __ Jackson
50. Short-tailed weasel
52. Carpentry tool
53. South Korea's capital
55. Folk singer Burl
56. Rikki-Tikki-_
57. Ocean Spray flavour, __-Raspberry
59. 'a' of a.m.
61. Trim
62. Like Cheerios
64. Actress Ms. Leoni

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	6	4	2	1	5	8	9	3
2	3	9	7	8	6	1	5	4
5	8	1	4	9	3	6	2	7
4	5	7	8	6	2	3	1	9
1	9	8	3	7	4	5	6	2
3	2	6	1	5	9	7	4	8
8	4	3	5	2	1	9	7	6
6	1	2	9	3	7	4	8	5
9	7	5	6	4	8	2	3	1

9		2				7		1
	8	4	3		5	2	6	
5								8
			1		7			
	9			8			7	
			4		2			
4								6
	2	9	5		8	1	3	
6		3				9		7

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Check the 14 day trend.
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808 Davie St.
991 Denman St.
1095 West Pender St.
1707 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

Abbotsford
Sevenoaks Shopping Centre
2140 Sumas Way
2142 Clearbrook Rd.
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Chilliwack
Cottonwood Mall
Eagle Landing Shopping Centre
7544 Vedder Rd.
45300 Luckakuck Way

Coquitlam
Coquitlam Centre
1071 Austin Ave.
2988 Glen Dr.
3000 Lougheed Hwy.
3278 Westwood St.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
7235 120th St.

Langley
Willowbrook Shopping Centre
8840 210th St.
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Lansdowne Mall
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
Sullivan Square
3189 King George Blvd.
7380 King George Blvd.
12477 88th Ave.
13734 104th Ave.

West Vancouver
Park Royal

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